

School Schedule:

(finalized schedule will be e-mailed to all participants)

Saturday - 18 February

8:00-8:30	Registration
8:30-8:45	Orientation/Introductions
8:45-9:30	Philosophy & Ethics
9:30-10:30	Psychology
10:45-12:00	Physiology
12:00-1:00	Lunch - on your own
1:00-2:30	Training Theory
2:30-3:45	Biomechanics
3:45-5:00	Bio Motor Training
5:00-8:30	Sprints/Hurdles/Relays

Sunday - 19 February

8:30-10:00	Endurance
10:00-1:00	Throws
1:00-2:00	Lunch-on your own
2:00-3:30	Learn-by-do (demo)
3:45-6:45	Jumps
6:45-7:00	Q & A - wrap-up

Important Note:

Attendance at all sessions is required.
Do not book Sunday outbound flights
before 8:00pm.

VS Athletics Super Clinic

Saturday, 21 January, 2012 at Sacramento CC

Many of the state's top coaches will provide invaluable info to add to your season's success. Speakers in sprints-hurdles, distance, LJ-TJ-HJ-PV and throws event areas

For further info, refer to

www.vsathletics.com, or contact Peanut

Harms at: peanut@vsathletics.com, or

Dave Shrock at dshrock@pacbell.net

USA Track & Field Coaching Education Level 1 School

Presented by Gill Athletics



Date:

18-19 February, 2012

Hosted by:

Orange Coast College

and

Tachyon Training Center/Track Club

School Director:

Eric Dixon

949-636-9234

TachyonTC@cox.net

www.TachyonTC.net

For more information log on to:

www.usatf.org/groups/Coaches/education

About Level 1 School:

Level 1 Schools are a two day course where 21 hours are spent on track & field and related sport science. The course consists of classroom instruction as well as hands-on training.

Attendance at all sessions is required.

After the school, participants must complete an online exam that covers event-related and sport science subjects.

Upon passing the exam and fulfilling the other requirements participants will be issued a Level 1 Certificate of Completion. **This class will also qualify you for the USATF Event Specific level 2 at UNLV 8-14 July 2012. However, your Level 1 test MUST be completed by 31 April, 2012.**

Registration:

Register Online at: <http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Level-1.aspx>

by clicking "school details" for this school

Pre-registration: \$125 if received by **4 February 2012**; Late and on-site registration (may be limited) **\$150**. Fee includes a Level 1 Curriculum. **Please register early to ensure your spot.**

You must be a member of USATF to register – for more information, go to www.usatf.org/membership

Refund policy: Only 1/2 of the registration fee (\$62.50) will be refunded after the registration deadline and no refund will be given after the start date.

If you have any difficulties with the online registration process, please contact the School Director.



Lodging:

For special USA Track and Field rate:

Super 8
2645 Harbor Blvd
Costa Mesa, CA 92626
714-432-8129

www.super8Lodging

- 1 standard single bed (2 people max) = 50.93 + tax
- 2 queen beds (3 people max, additional \$5.00 for 4th person) = 55.56 + tax.

Reservations can be booked by calling 714-432-8129

Ask for the "USA Track & Field" rate or

Email: Edgar Cobian: super8costamesa@yahoo.com

See hotel flyer for all room rates and additional information.

Other Area Hotels/Motels:

[Click link for other area lodging](#)

Super 8 Motel (closest to OCC) (714) 545-9471

The Westin (714) 540-2500

Ayers Hotel & Suites (714) 549-0300

Hilton Hotel (714) 540-7000

Holiday Inn (714) 557-3000

Marriott (714) 957-1100

Ramada Inn (949) 645-2221

Residence Inn (714) 241-8800

Directions:

[Orange Coast College:](#)

2701 Fairview Road Costa Mesa, CA 92626

Air:

- John Wayne Orange County Airport (SNA)
Distance: 4.6 mi, 12 minutes.
- Los Angeles International Airport (LAX)
Distance: 38.5 mi, 44 minutes.
- Ontario Airport (ONT)
Distance: 48.0 mi, 54 minutes.

Train:

- Station Name: Amtrak-Irvine station
Distance: 12.7 mi, 21 minutes.

Driving: [Click link for driving directions:](#)

Instructors:

Dr. Dave Shrock - Under Coach Shrock's guidance at



Modesto Junior College in California, the program amassed two Nor-Cal championships and three runner-up titles, with Shrock named California Central Valley Coach of the Year ten times while his program generated sixty-four All-Americans. Shrock began his coaching career thirty-seven years ago at the College of San Mateo before coaching cross country and assisting with track at Stanford and San José State. Shrock serves in a number of USATF and leadership roles including Pacific Association Vice President and Coaching Committee Chair, while serving on the national Coaching Education Committee promoting clinics and coordinating and instructing at the Level 2 Youth Specialization School. Shrock is Level 2 certified in endurance, jumps, and sprints/hurdles/relays, while having earned Level 3 certification in training theory. Shrock also presents internationally on subjects relating to sport management and coaching.

Bill Godina - Over 35 years Track & Field coaching experience.



Bill has coached at high school and elite levels. As a high school coach, he has 25 state champions in Wyoming, Colorado, and Arizona. Bill coached the Wyoming Boys and Colorado Girls Shot & Discus record holders. In addition he's coached two Golden West Discus champions and one Junior Nation Discus champion. Has coached five (5) boys over 180' and one girl over 171'10" in the Discus. Currently the coach of the #8 American Woman Shot Putter. Bill is a USATF Level III certification and Level 1 & 2 Throws Instructor. He is the Author of the USATF Instructor Training Course, The Glide Shot chapter of the USATF Coaches Manual, and Throws section of the Champion Production "Coaches Survival Guide". In addition, he's the USA Paralympics Throws Coach for Parapan Am Games Nov 2011.

Jeremy Fisher - Success has followed Coach Fisher throughout



his stellar coaching career. While at CSU Northridge, Fisher was named the 2005 NCAA DI West Region Men's Jumps/Mult Event Coach of the Year. In 2007 and 2009, he was named the Midwest Region Assistant Coach of the Year by the USTFCCA. Over his coaching career Fisher has been responsible for guiding 17 student-athletes to NCAA All-American. Not only has Fisher helped to place his athletes on the podium, he himself was a high school and NCAA All-American and finished 2nd at the 2000 USATF Indoor Nationals. Fisher is USATF Level III Certified, holds Level II Certificates in the Sprints, jumps and throws and is a certified strength and conditioning specialist. He is also the Operations Manager and Jumps Coach at the Olympic Training Center in Chula Vista.

School Director:

Eric Dixon



- Over 30 years of experience, coaching in the sprint events (60m-800m). Assistant track coach at Orange Coast College and head coach of Tachyon Track Club. In his last 5 years of coaching he has coached several nationally ranked youth athletes; American masters record holders, and World record holders.

Dixon has coached one athlete to a number 2 National Youth ranking in the 110 hurdles and coached Orange County's HS female 200m record holder. Dixon also coaches the Athena track team; a National Masters Women's Track club which currently holds five World and American records in the 4 x 200m, 4 x 400m and 4 x 800m relays. He also coached one Masters Sprinter (W 71) to World records in the 60m, 100m, 200m. Dixon also competes as a Masters Track Athlete in the 60m to 400m sprints for USATF's Masters Track Team. Coach Dixon is a USA Track & Field Level 2 Sprints/Hurdles, Relays Coach and USA Track & Field (Youth Specialization) Level 2 Coach. In addition, he is a spokesperson for the USA Track & Fields Win with Integrity Program.

Level 1 Information:

The USATF Coaching Education Level 1 program is intended as a starting point for coaches. One of the objectives of the Level 1 program is to put all coaches on common ground (i.e., speaking the same language). The Level 1 program covers all events by emphasizing fundamentals, rules, safety/risk management, and instruction techniques. Level 1 certification prepares an individual to coach at the junior high school, high school, club, and collegiate level.

Requirements:

- Be at least 18 years of age
- Complete a Level 1 coaching education school
- Pass a 200 question on-line exam

Benefits:

- Recognition of completing USATF Level 1 Course
- Curriculum text covering sport science and individual events
- Skills and knowledge to coach athletes at the youth/high school to collegiate level
- Eligibility for CEU's (*continuing education units*) at an additional fee
- Eligibility to attend a Level 2 School